

## CLAIMS

## WHAT IS CLAIMED IS:

1. A sole of a shoe having a recessed portion in an area of the sole that corresponds to the location of a pair of sesamoid bones protruding undersurface of a foot wearing the shoe for receiving the sesamoid bones in the recessed portion to provide comfort to the person wearing the shoe.
2. The shoe sole of Claim 1, wherein the sole is an attached part of the shoe.
3. The shoe sole of Claim 2, wherein the depth of the recessed portion is about 2 mm.
4. The shoe sole of Claim 1, wherein the sole is separable from the shoe.
5. The shoe sole of Claim 4, wherein the depth of the recessed portion is about 2 mm.
6. A sole of a shoe having an aperture formed in an area of the sole that corresponds to the location of a pair of sesamoid bones protruding undersurface of a foot wearing the shoe for receiving the sesamoid bones in the aperture to provide comfort to the person wearing the shoe.

7. The shoe sole of Claim 6, wherein the sole is an attached part of the shoe.
8. The shoe sole of Claim 6, wherein the sole is separable from the shoe.